

# BURPEE KING

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

Note: if you can't do push-ups,  
do basic burpees instead.



**10** burpees

**20-count** rest

**8** burpees

**20-count** rest

**6** burpees

**20-count** rest

**4** burpees

**20-count** rest

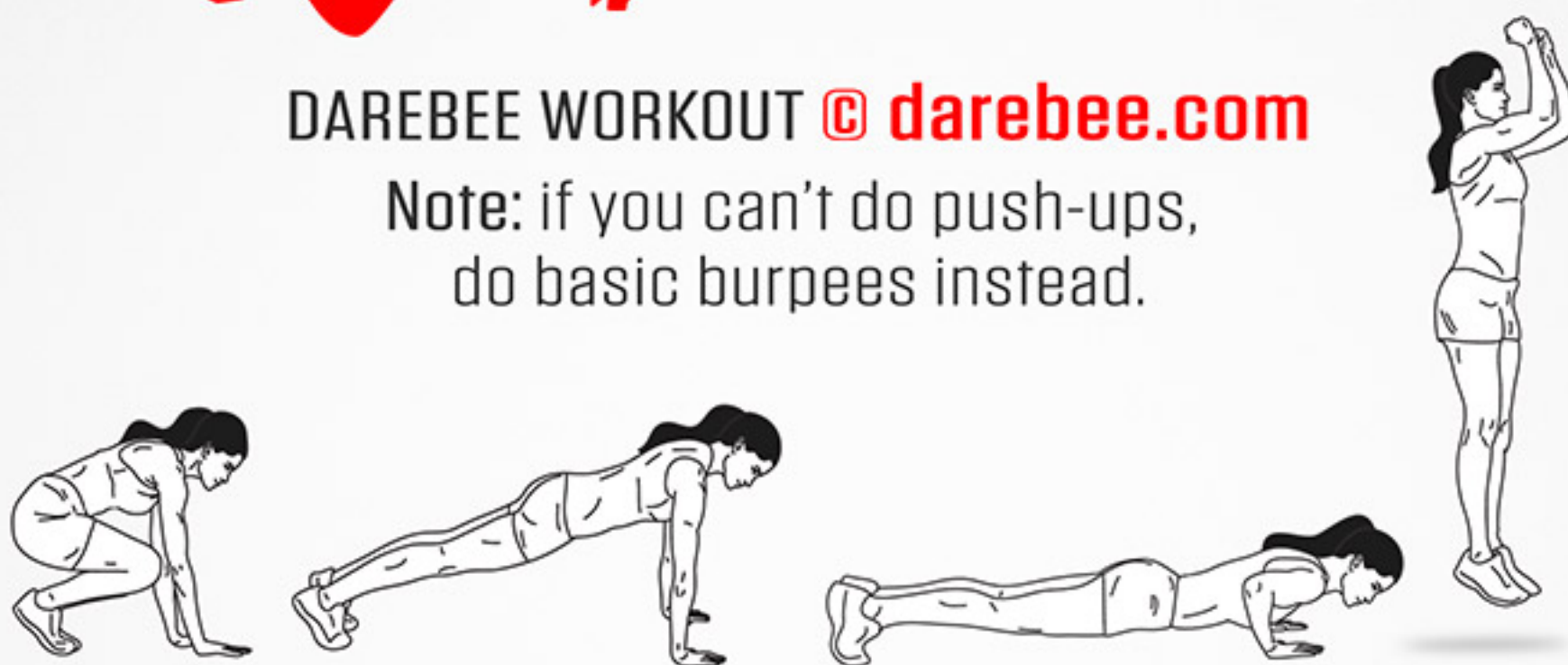
**2** burpees

done

# BURPEE QUEEN

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

Note: if you can't do push-ups,  
do basic burpees instead.



**10** burpees

**20-count** rest

**8** burpees

**20-count** rest

**6** burpees

**20-count** rest

**4** burpees

**20-count** rest

**2** burpees

done

# CARDIO QUEEN

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**10** butt kicks



**10** high knees



**10** butt kicks



**4** knee-to-elbows



**10** half jacks



**4** knee-to-elbows

# Dragon Queen

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



**20** high knees



**10-count** side plank hold



**20** high knees



**20** climbers



**10-count** side plank hold



**20** climbers



**10-count** side plank hold

# KINGMAKER

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squat into side kick



20 front kicks



20 punches



20 shoulder taps



10 plank rotations



10 reverse crunches

# KING OF THE HILL

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



20 squats



5 plank walk-outs



20 lunge step-ups



5 push-ups



20 calf raises



5 push-ups



20-count plank



20-count one-arm plank

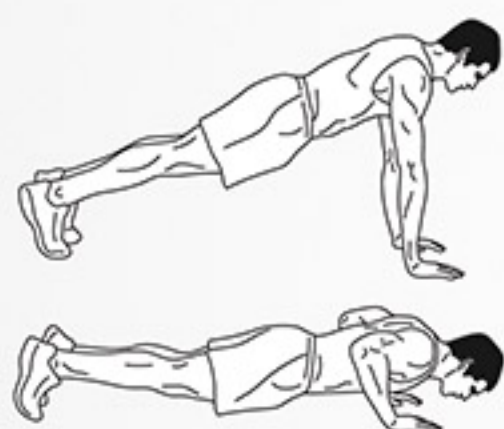


20-count raised leg hold

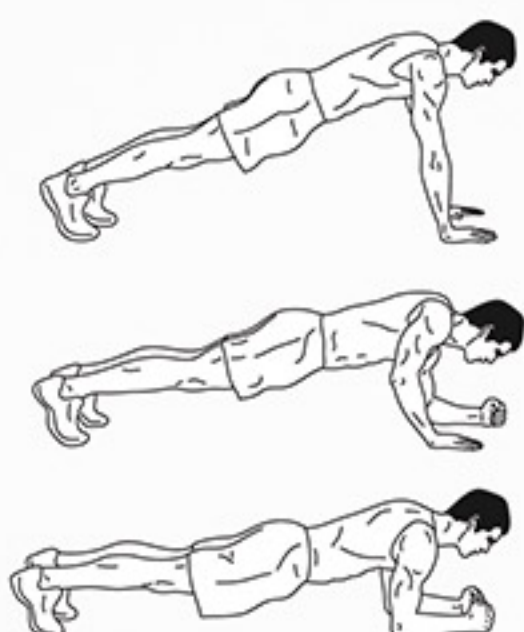
# KING

DAREBEE WORKOUT @ [darebee.com](http://darebee.com)

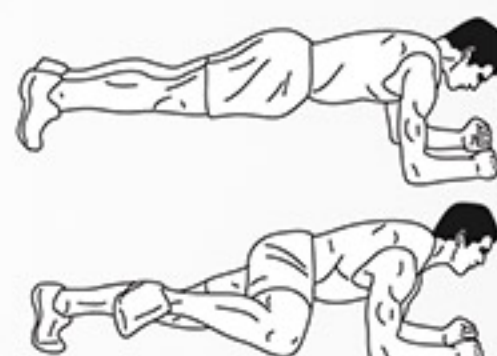
LEVEL I 3 sets LEVEL II 4 sets LEVEL III 5 sets REST up to 2 minutes



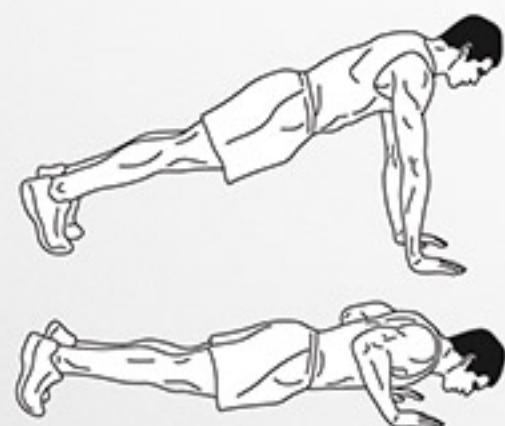
**20** push-ups



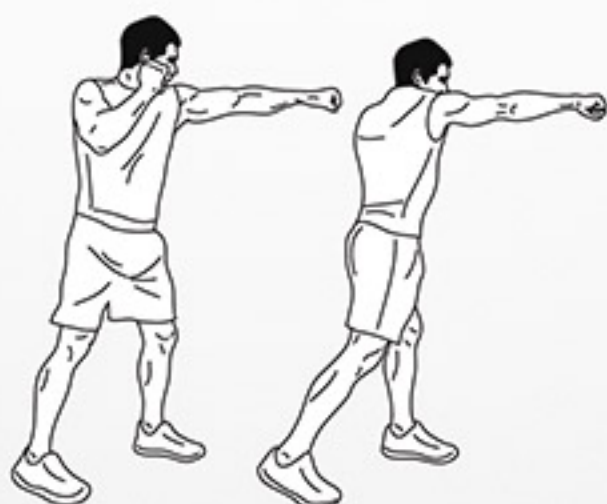
**5** up and down planks



**20** plank crunches



**20** push-ups



**50** punches



**50** overhead punches

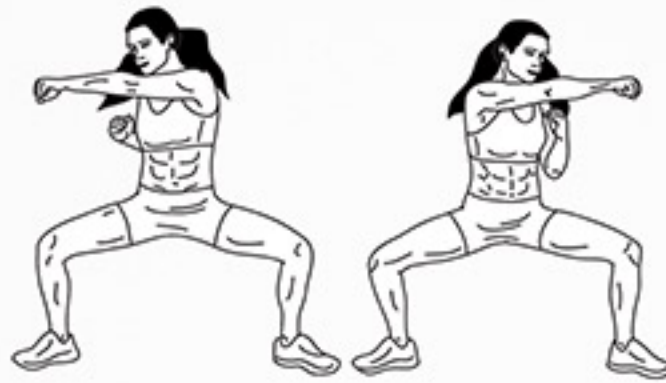
# QUEEN OF HEARTS

WORKOUT BY DAREBEE @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



**2** jump squats



**10** squat hold punches



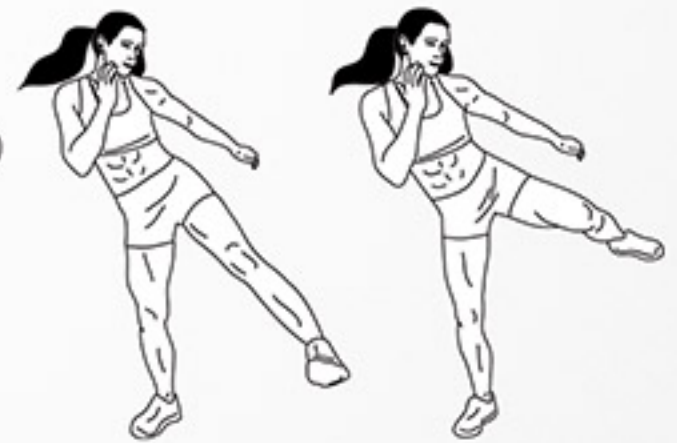
**2** squat step back



**10** punches



**10** side kicks



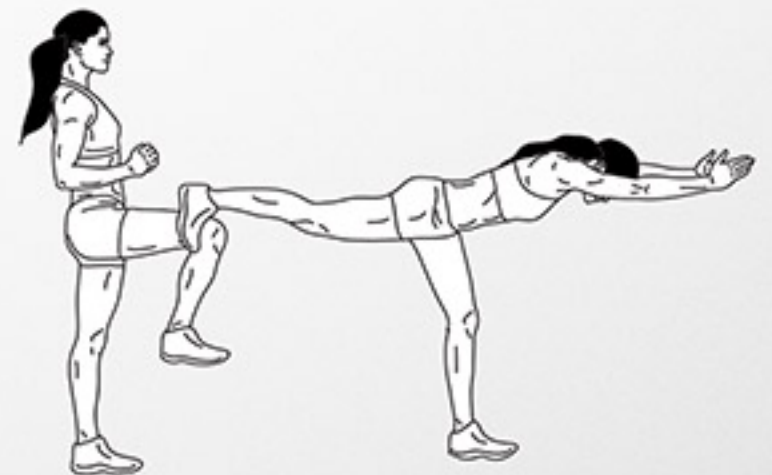
**2** hook kicks



**10** high knees



**10** front kicks



**2** single leg deadlifts



# ROGUE QUEEN

DAREBEE WORKOUT

© [darebee.com](http://darebee.com)

LEVEL I 3 sets

LEVEL II 5 sets

LEVEL III 7 sets

REST up to 2 minutes



10 knee strikes



20 elbow strikes



10 front kicks



10 elbow strike sit-ups



10 reverse crunches



10 tricep dips



10 crunch kicks

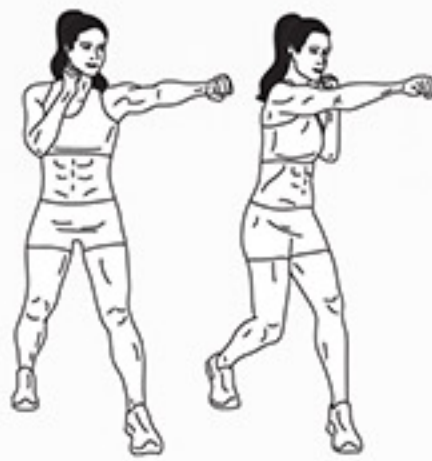
# WARRIOR QUEEN

DAREBEE WORKOUT @ [darebee.com](https://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



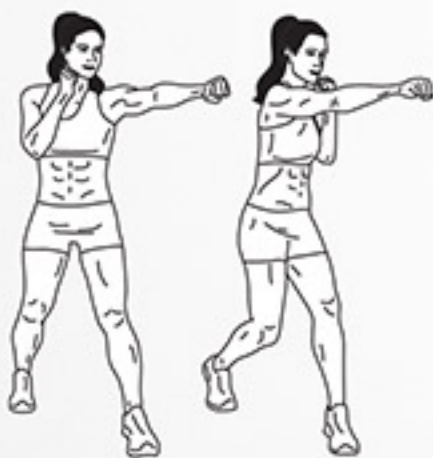
**10** lunge punches



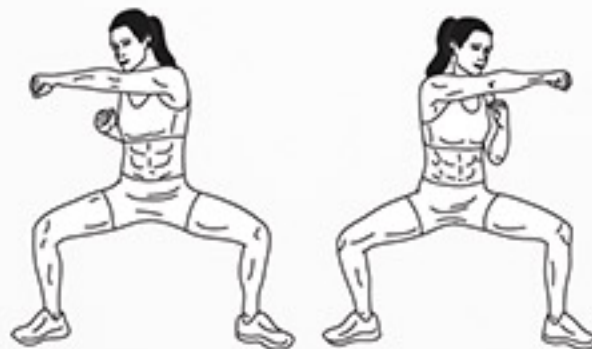
**20** punches



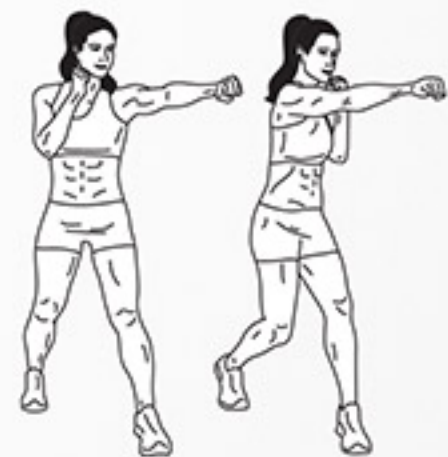
**10** lunge punches



**20** punches



**20** squat hold punches



**20** punches



**10** sit-up punches



**20** sitting punches



**10** sit-up punches